

LESSON ONE

TRAP & ROLL MOUNT ESCAPES

SUMMARY : The Trap & Roll series is the ideal escape from the full mount. Not only does it allow you to escape, but it allows you to reverse your opponent from the top to the bottom position.

01 TRAP & ROLL AGAINST THROAT GRAB

- **OVERVIEW:** Partner sits upright in the full mount position and places one or both hands at or around the neck area, simulating a choke.
- **REMINDER:** Trap arm and focus on Bridging and turning over in a fluid motion.
- **COMMON ERRORS:** Bridging to the side, instead of upwards.
- **SAFETY TIP:** Tuck your shoulder when being rolled or use free hand for a slight post on the way over.



02 TRAP & ROLL AGAINST PUNCHES (Hips Up)

- **OVERVIEW:** Partner sits upright and punching.
- **REMINDER:** Lift our hips in a bridging motion and hold them up to keep the opponent unbalanced. Block one punch, trap opposite arm
- **COMMON ERRORS:** Bridging up and down, allow balance for top person.
- **SAFETY TIP:** When your partner traps your arm, turn your hand so the back of your hand is on the ground. This insures you don't roll over your fingers



03 Trap and Roll/Guard Recovery Combo

- **OVERVIEW:** You attempt Trap and Roll (Version One) and opponent posts their foot out to block.
- **REMINDER:** The moment your partner's leg and foot post out, you must drop your hip and change techniques.
- **COMMON ERRORS:** Trying to keep hip up in the air.
- **SAFETY TIP:** Give your partner on top, enough time to post their leg out.



LESSON TWO

MOUNT CONTROL

SUMMARY : The mount is one of the most dominant positions to achieve in a fight. You are in an excellent position to control, strike, and submit if the need arises.

01

HOOKS IN // HEAD CONTROL

- **OVERVIEW:** Hooks in, Hips Heavy.
- **REMINDER:** Control Head and post your free arm out, use your heels instead of your toes to hook legs.
- **COMMON ERRORS:** Using too much tension on the head grab and the hooks. You need to give yourself space to move.
- **SAFETY TIP:** Using maximum weight during each rep, will make it difficult for your partner to continue the drill. Also, the bottom person should lift head and keep core somewhat engaged.



02

ARM SWIM & POSTING

- **OVERVIEW:** While controlling the head, your other arm should post out at 45 degrees.
- **REMINDER:** Keep your heels hooked (NOT TOES), have your hips heavy, but also available to move. Quickly swim as your partner attacks your arm.
- **COMMON ERRORS:** Using too much tension on the head grab and the hooks. You need to give yourself space to move.
- **SAFETY TIP:** Monitor hip pressure to prevent injuries to the ribs.



03

HIGH MOUNT // DEFENDING PUSH

- **OVERVIEW:** With your knees on the ground, you are in a solid position to posture up and strike or attack.
- **REMINDER:** Knees pinched. Hands on the floor based out or sitting up. Be prepared at all times to counter the explosive movements of the bottom person.
- **COMMON ERRORS:** Not shifting your weight as your opponent moves and countering their push too late.
- **SAFETY TIP:** If balance is not possible...TUCK AND ROLL!



LESSON THREE

MOUNTED ARM BAR & TWISTING ARM CONTROL (GIFT WRAP)

SUMMARY: Once the mount position has been achieved, utilize patience and ride the wave as the bottom person will be thrashing about. The gift wrap and arm bar is excellent to end the fight and go home safely!

01

ARM BAR AGAINST UPRIGHT PUSH

- **OVERVIEW:** Partner on bottom extends their arms upwards, exposing themselves for an armbar.
- **REMINDER:** In order to bring your legs around the head and secure the position; you must focus on putting weight into your hands your hips turning. When you extend arm - Feet heavy, knees bent and pinched, baseball bat grip on the wrist.
- **COMMON ERRORS:** Trying to rush the arm bar and falling back without your leg over the head.
- **SAFETY TIP:** As with all submissions, you should pay CLOSE ATTENTION to your partner. Decelerate into the technique and apply pressure slowly.



02

GIFT WRAP/ARM BAR COMBINATION

- **OVERVIEW:** If your partner presses their arms up, deflect them to the side and wrap up the gift wrap. (Also, if the simply turn on their side)
- **REMINDER:** Deflect arms with your body. Shifting to the side. If your partner rolls on their side, lift knee for modified mount.
- **COMMON ERRORS:** Allowing them to push to far or opening up modified mount before they are fully on their side.
- **SAFETY TIP:** Do not hit your partner's elbow when they push up. Follow the same protocols above for the arm bar finish.



LESSON FOUR

DOUBLE LEG TAKEDOWN

SUMMARY: The Double Leg Takedown is one of the easiest and highest percentage takedowns in Jiu-Jitsu. It is a great first move and if it doesn't work immediately, you will be able to move into another takedown.

01

DISTANCE MANAGEMENT

- **OVERVIEW:** In order to achieve an effective takedown, you must understand the proper range.
- **REMINDER:** Start in base. Measure two arms reach. As your partner moves forward, move back. If they are close to hit, that is time!
- **COMMON ERRORS:** Shooting your double leg from too far.
- **SAFETY TIP:** Keep good base when your partner crashes into you.



02

DOUBLE LEG AGAINST ADVANCING OPPONENT.

- **OVERVIEW:** When you are in range, lower your level and attack both legs.
- **REMINDER:** If your left shoulder is forward in base, your left shoulder will make contact. Your head should be on the side.
- **COMMON ERRORS:** Not lower your level enough. Not grabbing behind knees. Head on wrong side.
- **SAFETY TIP:** As you take your partner down, release the knees, so you don't land hard into their ribs.



03

CORNER CUT w/ JAB DISTRACTION

- **OVERVIEW:** When the person isn't advancing towards you, you can stalk forward, distract them and shoot. Taking them sideways into side mount.
- **REMINDER:** Walk forward cautiously, when you are close enough to touch their hand, flash a straight punch out and shoot. Enter the same as above, but step to the side, landing in side mount.
- **COMMON ERRORS:** Shooting from too far. Shooting on an opponent who is moving backwards. You need them frozen.
- **SAFETY TIP:** Grab your partner with one arm and break fall with the other. Do not land too hard



LESSON FIVE

AMERICANA ARM LOCK (KEY LOCK)

SUMMARY: This versatile submission is available from the Side Mount and Full Mount positions. It is a “BENT” arm lock, meaning your opponent’s arm will be bent into an L shape or a V shape. This lock will cause damage against the shoulder.

01 AMERICANA FROM UPRIGHT MOUNT

- **OVERVIEW:** In the full mount, you can posture up in a position to strike. This also gives freedom to both arms to attack the Americana (Key Lock)
- **REMINDER:** Make sure to maintain your balance at all costs.
- **COMMON ERRORS:** While attacking your arm, you do not shift your weight to prevent from being rolled.
- **SAFETY TIP:** As with all submissions, take the lock slowly and pay attention to your partners flexibility.



02 HOOKS IN, HEAD GRAB AMERICANA

- **OVERVIEW:** In mount with your hooks in and the head controlled.
- **REMINDER:** Remember to unravel your arm from under the head to finish.
- **COMMON ERRORS:** You leave your arm under the head, sacrificing leverage.
- **SAFETY TIP:** Steady pressure. Watch for the tap.



03 AMERICANA/ARM LOCK COMBO

- **OVERVIEW:** Postured in mount, you attack the Key Lock. Your opponent defends improperly, exposing the arm bar.
- **REMINDER:** Your goal is to finish the first move. But in Jiu-Jitsu, you must always leave the possibilities open for a second or third attack.
- **COMMON ERRORS:** Grabbing the arm for the arm bar and “showing” your technique.
- **SAFETY TIP:** Be careful pinning your leg over the head.



LESSON SIX

SCISSOR SWEEP & ELEVATOR SWEEP

SUMMARY: While you are on your back in the Closed guard, your opponent will give you the opportunity to execute multiple techniques. At some point they may move in a way that compromises their balance in one direction. One leg posted out, and on the other knee.

01

ELEVATOR SWEEP // STAGE ONE

- **OVERVIEW:** Stage One (Close-Head & Arm Control) is established. Partner leans in and posts one leg out to the side.
- **REMINDER:** Keep the person close in the technique to manage distance and to also insure the sweep. Move your hips out. Foot first, underhook second.
- **COMMON ERRORS:** Trying the sweep when the person has their head up. No hip movement. Too big of a leg movement (Hook).
- **SAFETY TIP:** Top person should keep their arm tucked in to make the roll seamless.



02

ELEVATOR SWEEP vs. SPRAWLING PARTNER

- **OVERVIEW:** In this variation, the opponent on top leans on you and hugs your head. Both of their legs are posted out.
- **REMINDER:** Keep the person close and control the arm on the side you sweep to insure they cannot post. Both hooks go in, you lift up and drop a hook out.
- **COMMON ERRORS:** No hip movement. Too big of a leg movement (Hook).
- **SAFETY TIP:** This sweep has a low risk of injury.



03

SCISSOR SWEEP vs. ELEVATED CHEST

- **OVERVIEW:** From Stage One Control, your opponent raises their head up. You keep control while having your arms extended. Your partner should have their leg posted out, similar to the elevator sweep.
- **REMINDER:** Keep head and arm control, the entire time. Make space both to the side and back to insure the necessary room for your leg, across the waist.
- **COMMON ERRORS:** Not being on your side enough (Hips vertical to the ceiling). Not making enough space to get your leg in.
- **SAFETY TIP:** Low risk.



LESSON SEVEN

FRONT BEAR HUG (CLINCH ENTRY)

SUMMARY: This is one of the safest and most effective takedowns in Jiu-Jitsu. It lands you directly into the full mount position. In the likely event your opponent rushes, you will have the chance to duck, cover your head, and land in a bear hug position. Great for avoiding strikes and using your weight and leverage to execute a flawless takedown.

01

MANAGING DISTANCE

- **OVERVIEW:** Both partners start at two arms reach away. One person rushes in to strike. The other lowers their level slightly, covers their head and clinches.
- **REMINDER:** Make sure you start at a safe distance and enter the clinch as the person gets close enough to hit.
- **COMMON ERRORS:** Trying to reach your arms out to grab, instead of connecting to the person with your body. Poor base, that leaves you off balance and vulnerable.
- **SAFETY TIP:** Do not hit your partners face.



02

BODY FOLD

- **OVERVIEW:** Clinch entered safely and both of your arms are hugging around your partners lower back. Your head on their chest, under their chin. Good base.
- **REMINDER:** Keep your face hidden, focus on maintaining good base.
- **COMMON ERRORS:** Poor base. Arms too high on the back. Head not under the chin.
- **SAFETY TIP:** Be careful pulling your partners back in. Also, as you are landing, open your hands. Both for your balance and to land off of your partner. Falling person, should be hugging with one arm and doing a slight break fall with the other. Relax on the way down



03

LEG HOOK vs. WIDE BASE

- **OVERVIEW:** Same clinch. Opponent widens their base to prevent from being folded.
- **REMINDER:** Keep a tight bear hug. As you trip your partner, try to pull their leg off the ground. Your opponent does not want to hook their leg and fall with them.
- **COMMON ERRORS:** Hooking leg and falling. Attempting it before your opponent has a wide base.
- **SAFETY TIP:** When you pull your partner's leg out, do it in a way that allows you to not land on them. Sweep their leg, they fall, put their leg back down. Hooking the leg creates a small risk to your partner's knee.



LESSON EIGHT

PUNCH & KICK DEFENSE

SUMMARY: Being able to recognize and respond to punches and kicks is of the utmost importance in your Jiu-Jitsu training.

01

SELF-DEFENSE STANCE

- **OVERVIEW:** This is your confrontation stance. Standing at an arm's reach, you put your weight forward on your toes, with your hands up in a non aggressive communicative way.
- **REMINDER:** Keep your weight forward. Do not put your hands too close or combative. The goal is to first try and de-escalate and second, be in position to not get overwhelmed.
- **COMMON ERRORS:** Letting your weight fall back. Stiffening arms too much or not enough when the person attacks. Appearing too combative, which can lead to an inability to avoid conflict.
- **SAFETY TIP:** Do not hit your partner. Low risk.



02

STRAIGHT PUNCH DEFLECTION (PARRY)

- **OVERVIEW:** As the straight punch moves toward your face, you can deflect. You will always want to deflect from the outside - in. For example, if they throw a straight left punch, you will use your right hand/forearm to deflect.
- **REMINDER:** Keep your hands up and focus on timing. If it's too chaotic, you will have to move back and use a double leg or bear hug entry.
- **COMMON ERRORS:** Trying to deflect from the inside out. Not capitalizing after deflecting.
- **SAFETY TIP:** Be careful reaching the punches toward your partner's head.



03

WILD PUNCH // RHINO BLOCKS

- **OVERVIEW:** When wild haymaker punches are being thrown and you are caught by surprise, a tight rhino block would be ideal.
- **REMINDER:** Start with hands up and good base. Grab the back of your head tightly and brace yourself. Make sure your weight is slightly leaning into the punch at the moment of defense, so you don't get knocked off balance.
- **COMMON ERRORS:** Having your elbow out away from your face. Not grabbing your head. Poor base.
- **SAFETY TIP:** It's best to open your hands when simulating the strikes. It allows for a better arm movement and low risk of knuckle to elbow contact.



LESSON EIGHT *(continued...)*

PUNCH & KICK DEFENSE

SUMMARY: Being able to recognize and respond to punches and kicks is of the utmost importance in your Jiu-Jitsu training.

04 PUNCH DEFLECTION TO CLINCH w/ LIFT

- **OVERVIEW:** Deflect straight punch procedure. Except, you are now retaliating by stepping in.
- **REMINDER:** Your head will be on the outside. You will either lift or back take. The body fold is risky as your head could land on the round.
- **COMMON ERRORS:** Not keeping posture and allowing opponent to collapse their weight on your head. Poor timing after deflection.
- **SAFETY TIP:** When lifting, use your hips (Similar to bridging). This allows you to utilize leverage, instead of your arm/ lower back strength.



05 BLOCKING KICKS w/KNEE

- **OVERVIEW:** At distance, opponent throws a roundhouse kick towards your leg.
- **REMINDER:** Keep a solid base, hands up. Lift your knee and make sure it falls forward to either balance or clinch.
- **COMMON ERRORS:** Lifting leg and falling backwards. Dropping hands.
- **SAFETY TIP:** When you throw the kick to your partner's leg, pull back a bit, so you don't kick their knee and damage your foot.



06 CATCHING KICK w/TRIP TAKEDOWN

- **OVERVIEW:** When wild haymaker punches are being thrown and you are caught by surprise, a tight rhino block would be ideal.
- **REMINDER:** Start with hands up and good base. Grab the back of your head tightly and brace yourself. Make sure your weight is slightly leaning into the punch at the moment of defense, so you don't get knocked off balance.
- **COMMON ERRORS:** Having your elbow out away from your face. Not grabbing your head. Poor base.
- **SAFETY TIP:** It's best to open your hands when simulating the strikes. It allows for a better arm movement and low risk of knuckle to elbow contact.



LESSON NINE

SIDE MOUNT CONTROL

SUMMARY: Once you bring your opponent to the ground, you must avoid their legs. Side Mount is the first, dominant position in Jiu-Jitsu. It is great for control.

01

WEIGHT DISTRIBUTION (*ARM UNDER HEAD, W/POST AND FOOT STOP*)

- **OVERVIEW:** The first of dominant positions in Jiu-Jitsu's hierarchy is the Side Mount. First you must maintain your balance.
- **REMINDER:** Chest to chest contact. Stay on your toes, be prepared to move.
- **COMMON ERRORS:** Chest not centered properly. Legs too close together. Too much tension, leading to being flipped. Locking your hands on top and not being able to post.
- **SAFETY TIP:** Bottom person should raise their head and slightly tense their core to absorb the weight.



02

SIT THROUGH FOR GUARD RECOVERY

- **OVERVIEW:** When you feel the person bring their knee under your stomach, switching your legs and hips can defend.
- **REMINDER:** You will keep their far arm controlled still. You will release the head to pull up on their near arm. Switch your hips and keep your legs wide.
- **COMMON ERRORS:** Picking up the shoulders too much and sacrificing balance. Not keeping the feet "alive" and ready to post.
- **SAFETY TIP:** Same procedure as side mount control.



LESSON NINE *(continued...)*

SIDE MOUNT CONTROL

SUMMARY: Once you bring your opponent to the ground, you must avoid their legs. Side Mount is the first, dominant position in Jiu-Jitsu. It is great for control.

03

MOUNT TRANSITION (KNEE SLIDE)

- **OVERVIEW:** After establishing side control and achieving a solid pin of your opponent. Mount is possible. This technique brings you to the mount safely.
- **REMINDER:** While you are sliding your knee across the stomach, be sure to reach your arm, up towards the head. This will turn your body properly.
- **COMMON ERRORS:** Trying to step the leg over and getting caught. Not turning the body and not reaching the arm.
- **SAFETY TIP:** Low Risk



04

KNEE TO BELLY

- **OVERVIEW:** In between Side Mount & Full Mount is knee to belly. Great for control. Great to hold someone without connecting too tightly, in the event you have to disengage.
- **REMINDER:** Knee on stomach. Other leg out as a kickstand. Hands are free to attack. Do not lean to far over.
- **COMMON ERRORS:** No kickstand and using the hands to much to pin, instead of attack.
- **SAFETY TIP:** Be VERY careful with your knee on the stomach. As you drill relieve the pressure. Bottom person should lift head, tuck arms and slightly tense their core.



LESSON TEN

BACK MOUNT

SUMMARY: The Back Mount is the most dominant position in Jiu-Jitsu. Once you get behind your opponent they have very few options and zero strength.

04

BACK TAKE

- **OVERVIEW:** After achieving a dominant position; most likely Full Mount, the opponent will probably turn their back.
- **REMINDER:** As opponent gives up back, loosen up so you don't roll with them. Get your hooks and seatbelt locked in while you center your chest onto their back.
- **COMMON ERRORS:** Not opening up enough as they transition and you get bumped off. Hooks and seatbelt are missed.
- **SAFETY TIP:** Low risk.



05

HOOKS & CONTROL

- **OVERVIEW:** After achieving Back Mount, this is your control grips.
- **REMINDER:** Center your chest on their back. Seatbelt tightly and coil your head forward to protect my head and chest.
- **COMMON ERRORS:** Chest not centered, hooks out, seat belt weak.
- **SAFETY TIP:** Low Risk.



06

FLATTENING // TURNING OVER

- **OVERVIEW:** In Back Mount with partner on their hands and knees.
- **REMINDER:** Put the bottoms of your feet together and open your knees as you flatten the person.
- **COMMON ERRORS:** Kicking feet back instead of opening knees.
- **SAFETY TIP:** Go slowly so you don't hurt your partner's back.



LESSON TEN *(CONTINUED...)*

BACK MOUNT

SUMMARY: The Back Mount is the most dominant position in Jiu-Jitsu. Once you get behind your opponent they have very few options and zero strength.

04

RE-MOUNT

- **OVERVIEW:** In Back Mount with opponent escaping.
- **REMINDER:** The timing needs to be when they put their back on the floor. Throw your leg over, post and catch mount.
- **COMMON ERRORS:** Timing too late. Person escapes too far. Top leg is too light and person stops it.
- **SAFETY TIP:** Low Risk.



05

REAR CHOKE

- **OVERVIEW:** After establishing Back Mount Control, the Rear Choke is your best option.
- **REMINDER:** Establish Seat Belt control first. Make sure your arm wraps the neck and your elbow lines up under your partner's chin. Use the back of your hand behind their head.
- **COMMON ERRORS:** Not lining the elbow up under the chin. Allowing your opponent to grab your second arm. Not using the back of your hand behind the head.
- **SAFETY TIP:** In practice, use slow and steady pressure. Tap quickly. In a real fight, use the necessary level of force required. Sometimes it is not necessary to bring the choke to the unconscious phase.



LESSON ELEVEN

PUNCH DEFENSE IN GUARD

SUMMARY: Your ability to use sweeps and submissions in the guard is worthless if you cannot control distance and defend strikes. Once you master punch defense and distance management within the guard, all techniques fall into place easily.

01

STAGE ONE // ARM SWIM

- **OVERVIEW:** Head Arm Control in the closed guard. Opponent is close. This move require you to swim the opponent's arm as they attempt to push themselves up.
- **REMINDER:** Timing is important and it is not always possible to keep the person's posture broken.
- **COMMON ERRORS:** Swimming the arm in the wrong direction. Not controlling the head as you swim.
- **SAFETY TIP:** Be careful swimming your arm through.



02

STAGE TWO // WITH AND W/O ARMS

- **OVERVIEW:** As your partner postures up to strike, prepare to use your knees and arms to defend.
- **REMINDER:** The better your timing is from Stage One to Stage two, the safer you will be. Always make sure you have an arm between their punch and your face.
- **COMMON ERRORS:** Letting go of the person's head and arm too soon.
- **SAFETY TIP:** Be careful with your strikes on top.



03

STAGE THREE // GUARD RETENTION

- **OVERVIEW:** Your opponent stands to try and hit you. You will defend the strikes first then counter as they try and throw your legs
- **REMINDER:** Transition smoothly from Stage two to Stage three. Keep your feet in the hips and your hips raised to support their weight. Protect your face.
- **COMMON ERRORS:** Keeping your hips on the ground. Pushing the person away with your legs (they will deflect you easily).
- **SAFETY TIP:** use extreme caution when simulating the up kick.



LESSON ELEVEN

PUNCH DEFENSE IN GUARD

SUMMARY: Your ability to use sweeps and submissions in the guard is worthless if you cannot control distance and defend strikes. Once you master punch defense and distance management within the guard, all techniques fall into place easily.

04

STAGE THREE // TRIPOD SWEEP

- **OVERVIEW:** Your opponent puts one leg forward while standing. This exposes the tripod sweep.
- **REMINDER:** Wait until they have clearly switched their feet.
- **COMMON ERRORS:** Trying to grab the ankle too soon and taking your feet off of the hips.
- **SAFETY TIP:** As your partner is falling, take your foot off the hip as your partner falls so you can grappler's lift on top.



05

STAGE FOUR / TECHNICAL LIFT (STAND IN BASE)

- **OVERVIEW:** While in your back, the opponent backs away and you have the space to stand up safely in your base. (technical Lift)
- **REMINDER:** Make sure there is ample space before your stand.
- **COMMON ERRORS:** Rushing to get to your feet. It is crucial that you focus on standing with balance as opposed to speed.
- **SAFETY TIP:** Low risk.



LESSON TWELVE

GROUND HEADLOCK ESCAPES

SUMMARY: The Headlock is quite possibly the most common attack or grab from an unskilled person. The side headlock on the ground can be very difficult to escape from, especially if the opponent has wrestled or practiced Judo. One thing to note...Although they have decent control with this position, they are also very limited and if you can escape, they will be in some of the worst possible positions.

01

FRAME ESCAPE

- **OVERVIEW:** With your opponent on your side, they sit through, grab your head and arm and try for a headlock.
- **REMINDER:** Get on your side. Tuck your trapped arm to the ground first. Crunch your neck and put your shoulder into their back.
- **COMMON ERRORS:** not stretching the arm across the face and only using the wrist to push up. Not moving the hips enough to get the leg over the head.
- **SAFETY TIP:** Be careful of your partner's neck while holding the headlock. When you bring your legs around your partner's neck, take them down slowly.



02

LEG HOOK ESCAPE

- **OVERVIEW:** Follow the same defense procedure as the frame. This one, your opponent lowers their head and blocks the frame.
- **REMINDER:** Hook the leg first. Reach your arm over the back and use your foot on the ground to push yourself up.
- **COMMON ERRORS:** Not getting onto your side enough. Not pushing with your leg off the ground.
- **SAFETY TIP:** When you get onto your partner's back, use pressure to get them to release your head. Trying to pull your head could injure your neck or ear.



LESSON TWELVE *(CONTINUED...)*

GROUND HEADLOCK ESCAPES

SUMMARY: The Headlock is quite possibly the most common attack or grab from an unskilled person. The side headlock on the ground can be very difficult to escape from, especially if the opponent has wrestled or practiced Judo. One thing to note...Although they have decent control with this position, they are also very limited and if you can escape, they will be in some of the worst possible positions.

01

TURN TO KNEES

- **OVERVIEW:** Same procedure as the others. Your opponent hides their leg from the hook.
- **REMINDER:** Move your hips away and keep your free arm low to the ground to insure you can get up.
- **COMMON ERRORS:** keeping the arm on the back. Trying to pull your head out.
- **SAFETY TIP:** When you turn flat and are working to your knees, you need to drive your head INTO the headlock. This will help you get up easier and prevent neck injuries.



02

BRIDGING ESCAPE

- **OVERVIEW:** Same procedure as the others. This time, the opponent has trapped the head and the arm and flattened you.
- **REMINDER:** Use your legs to create momentum and get on your side. This will either pull your trapped arm out or force the person to raise the arm, thus making the roll easier.
- **COMMON ERRORS:** Trying to bridge without momentum.
- **SAFETY TIP:** Getting your arm trapped is NOT GOOD. be careful with your weight on your partner.



LESSON THIRTEEN

SIDE MOUNT ESCAPES

SUMMARY: The Side Mount is very difficult to escape from. This position brings problems to even the highest of belt levels. With the right strategy and timing, you will have no issues escaping.

01

GUARD RECOVERY DRILL

- **OVERVIEW:** They get to your side. Catch with your arms and swing your legs in, to achieve the guard.
- **REMINDER:** Frame with your arms and lay on your side. Use your legs to generate momentum.
- **COMMON ERRORS:** Laying flat. Not making enough space.
- **SAFETY TIP:** Be careful swinging your legs into the guard.



02

GUARD RECOVERY

- **OVERVIEW:** When the opponent gets to your side, you must try and avoid getting flattened. When you do, tuck your arms in and work to recover your guard position.
- **REMINDER:** Frames must be in the proper positions with your arms. Use your feet pushing into the ground to help make the frames stronger and also to move your hips.
- **COMMON ERRORS:** Not framing properly. Not getting to your side.
- **SAFETY TIP:** Lift your head while your partner has their weight on you. Also keep slight tension in your core.



03

UNDERHOOK // TURN TO KNEES

- **OVERVIEW:** When the person gets to your side, an underhook is a great tool to help make space. Sometimes you cannot recover guard and turning to your knees is necessary.
- **REMINDER:** When using your underhook, make sure your thumb is pointed to the ground, in an effort to make your shoulder position stronger.
- **COMMON ERRORS:** Trying to turn to your knees when the top person is moving. This may allow them to get to your back.
- **SAFETY TIP:** Low risk.



LESSON FOURTEEN

REAR BEAR HUG ENTRY/TAKEDOWN

SUMMARY: Much like the ground position of Back Mount, getting behind your opponent is the most ideal thing you can do. The Rear Bear Hug avoids the strength of your attacker.

01

ENTRY UNDER HAYMAKER

- **OVERVIEW:** This technique involves you ducking under your partners haymaker and getting to their back standing.
- **REMINDER:** Manage the distance and keep your hands up as you duck.
- **COMMON ERRORS:** Clinching too soon. Dropping the hands.
- **SAFETY TIP:** Be careful swing the haymaker.



02

HEEL BLOCK TRIP TAKEDOWN

- **OVERVIEW:** After getting the rear bear hug, the leg trip is the best option.
- **REMINDER:** Hide your face just above your bear hug to make it hard for the opponent to strike you with an elbow. Put the bottom of your foot to their heel like a hockey stick on a puck. Bend your knees to bring them down in a fluid motion.
- **COMMON ERRORS:** Falling with the person on top of you.
- **SAFETY TIP:** While one foot is blocking the heel, your other leg should be standing next to theirs (Like the person has a third leg). Be careful sitting down for the trip, you do not want to slide into their leg.



03

LIFT TAKEDOWN

- **OVERVIEW:** The lift is a great technique that can lead you to the back mount quickly.
- **REMINDER:** Put your grip in front of ne of their hips. Step your leg around to that side to fasten the grip and position. Then roll your hips to lift
- **COMMON ERRORS:** Not using the hips to lift the person and not stepping to the side.
- **SAFETY TIP:** Lift with your hips to avoid hurting your lower back.



LESSON FIFTEEN

SINGLE LEG TAKEDOWN

SUMMARY: Most unskilled people will not be prepared to deal with a Single Leg takedown. It is very likely that they will lose their balance as soon as their leg is lifted off the ground.

01

ENTRY w/CONTROL & MOVEMENT

- **OVERVIEW:** In this situation, your opponent has the same side leg forward as you, in their base.
- **REMINDER:** Your first step goes to the outside of their foot. Your head will be on the inside of their body. Ear on their chest/shoulder.
- **COMMON ERRORS:** Putting the head to the outside. Grabbing the leg and standing still.
- **SAFETY TIP:** As you fake your partner out and step in, be careful not to hit your head on their elbow.



02

RUN THE PIPE

- **OVERVIEW:** After securing the single leg, you will take two steps to open your base and lower your chest onto your partner's thigh.
- **REMINDER:** Take your first step in front, then a second step away. You will be in a wide, sumo like base. Pressure down. It is ok, if your head goes to the outside.
- **COMMON ERRORS:** Stepping in the wrong order. Falling down as you do the takedown. You must keep balance.
- **SAFETY TIP:** As you are falling, you can grab your partner with one arm and use the other arm for the break fall. This allows you to fall to the ground at a slower rate.



03

COUNTER TO DOUBLE LEG or BEAR HUG

- **OVERVIEW:** If the single leg doesn't seem to be working, you must change techniques
- **REMINDER:** When you have a single leg, you can switch to grabbing a double leg or a bear hug. Basically, you can always go from one leg to two and two to one. Also, if you are grabbing the knee (Single Leg) and the person counters you can quickly grab the waist for a bear hug. This works with other takedowns as well.
- **COMMON ERRORS:** Waiting to long. Reaching your arms. You should reach and move your body simultaneously.
- **SAFETY TIP:** As with all takedowns, exercise caution falling and also falling on top of your partner. Takedowns are the number one injury causer.



LESSON SIXTEEN

TAKEDOWN DEFENSE

SUMMARY: In the rare case an opponent attempts to take you down, you will want to have a plan in place. Also, if your opponent has wrestled, it is likely they could attempt a double leg takedown.

01

BASE // STANDING & GUARD PULL GUILLOTINE

- **OVERVIEW:** Opponent moves in for a tackle. Your hands and base are one of the first lines of defense.
- **REMINDER:** Make sure that you prevent the takedown first, before attacking the guillotine.
- **COMMON ERRORS:** Attacking the guillotine too soon. Not using enough weight distribution forward to prevent the tackle.
- **SAFETY TIP:** The Guillotine attacks a person's windpipe. Go very SLOWLY in practice, as to not hurt your partner's throat.



02

SPRAWL // GO BEHIND

- **OVERVIEW:** If the person get past your hands or their tackle is too strong, the sprawl is your best bet.
- **REMINDER:** Achieve a perfect sprawl and have your weight on the center of your partner's upper back. Block the arm as you spin behind. When you get behind the weight should be on the lower back.
- **COMMON ERRORS:** Trying to go behind before the sprawl is achieved. Not blocking the arm.
- **SAFETY TIP:** As your partner is sprawling, hit your knees on the ground, then your hands. This will alleviate pressure on your back and reduce injury risk.



03

TURTLE TIP OVER

- **OVERVIEW:** Usually you would go for the back mount; but in this case, you decide to try something else. Perhaps you don't want to commit to the back. Maybe they are blocking the hooks.
- **REMINDER:** Center your weight on their lower back, block their ankle with your knee. Just as they are about to tip over, take your knee out of the way.
- **COMMON ERRORS:** Not blocking the leg properly.
- **SAFETY TIP:** Low risk.



LESSON SEVENTEEN

FRONT BEAR HUG DEFENSE

SUMMARY: This position is VERY difficult to get out of. You will want to make sure you are trying to survive and keep safe. From that point, you can work towards your escape.

01 BASE // SHOULDER CONNECTION // GRIP BREAK

- **OVERVIEW:** The attacker has grabbed you around the waist.
- **REMINDER:** When you base, you will put the leg back that coincides with side the attacker's head is on. Put your shoulder against your partner, so they cannot press forward. Round back and move hips away for potential grip break
- **COMMON ERRORS:** Trying to get out too quickly. It is important to maintain balance as this move could be difficult to escape.
- **SAFETY TIP:** Be careful squeezing your partner's lower back when you are the attacker. The repetition of this could be taxing on the lower back.



02 BASE // SURVIVE & PUMMEL

- **OVERVIEW:** The attacker has grabbed you around the waist.
- **REMINDER:** When you base, you will put the leg back that coincides with side the attacker's head is on. Put your shoulder against your partner, so they cannot press forward. Instead of breaking grip, you will swim your arm in to work for your own Bear Hug.
- **COMMON ERRORS:** Trying to get out too quickly. It is important to maintain balance as this move could be difficult to escape.
- **SAFETY TIP:** Be careful squeezing your partner's lower back when you are the attacker. The repetition of this could be taxing on the lower back.



03 BEAR HUG OVER ARMS TO HIP THROW

- **OVERVIEW:** The attacker grabs over your arms in this bear hug variation.
- **REMINDER:** Focus on achieving your base immediately by pushing the hips of the opponent back. Keep a narrow base on the hip throw and release the hand on the hip just before take off.
- **COMMON ERRORS:** Too wide of a base on throw. Holding the hip. Breaking your balance.
- **SAFETY TIP:** When throwing your partner, focus on getting them up on your back and then decelerating them over. Pull up on their arm as they land to help break their fall for them.



LESSON EIGHTEEN

KIMURA // SIT UP SWEEP // DOUBLE ANKLE SWEEP

SUMMARY: The Guard Position offers endless opportunities to submit or sweep your opponent. The Kimura, Sit Up Sweep, and Double Ankle Sweep are three great attacks that work against the most common reactions your opponent will have. Posting their hands, sitting up, and standing.

01

KIMURA

- **OVERVIEW:** While in the guard, your partner tries to posture themselves by pushing their hands off the mat.
- **REMINDER:** Secure their wrist and reach up and over their arm. After bringing them down, make sure to move your hip out in order to finish.
- **COMMON ERRORS:** Not getting the hip out. Gripping with a thumb grip.
- **SAFETY TIP:** Follow submission protocol safety. Go SLOW. Keep your base on top, so you can defend properly and also for tapping.



02

SIT UP SWEEP

- **OVERVIEW:** As your partner postures and sits up in the guard, they are in a great spot to be swept.
- **REMINDER:** As they are sitting up, follow them up. Make sure to be posted on your hand for greater hip elevation.
- **COMMON ERRORS:** Sitting up on your elbow. Sitting up too late and making it easy to be pushed down.
- **SAFETY TIP:** Low Risk



03

DOUBLE ANKLE SWEEP

- **OVERVIEW:** When your partner stand up in your guard, you can grab their ankles and sweep them back easily.
- **REMINDER:** Don't open your guard until just before sweeping. Don't make it easy for the person to stand. The more force they use to stand, the easier they will be to sweep. Also, be sure to focus on getting up onto two hands immediately with your hips turned to the ground.
- **COMMON ERRORS:** Opening guard too soon. Trying to sit up too quickly and not on two hands.
- **SAFETY TIP:** Low Risk



LESSON NINETEEN

ARM BAR FROM GUARD

SUMMARY: When your opponent decides to attack your throat or extend their arms towards your face in the guard, they will be exposed for an arm bar.

01

ARM BAR w/LEG GRAB

- **OVERVIEW:** One of the best and most common techniques in the guard, is an arm bar.
- **REMINDER:** Do not grab the arm too aggressively to signal the arm bar. Get your one leg high on their back and your hips perpendicular, in order to secure the leg around the head,
- **COMMON ERRORS:** Leg too low on the back. Hip not shifted enough
- **SAFETY TIP:** Follow normal submission safety protocol. Hold arm tightly with hands and person's body with your legs. Engage your hips slowly for the finish.



03

RICKSON ARM BAR

- **OVERVIEW:** Same situation, different pattern of movement.
- **REMINDER:** Get your hips up and out. Grab person with your legs.
- **COMMON ERRORS:** Not getting hips up or out.
- **SAFETY TIP:** Follow normal submission safety protocol. Hold arm tightly with hands and person's body with your legs. Engage your hips slowly for the finish.



LESSON TWENTY

TRIANGLE CHOKE

SUMMARY: The Triangle Choke is the best submission from the guard. Why? You have many options to capitalize on your opponent's mistake as well as forcing them into the technique by manipulating their arm position.

01

STAGE 1.5

- **OVERVIEW:** While at Stage One, you push arm and move hip out to get knee in between. Setting up Stage 1.5.
- **REMINDER:** Move hip as you push arm. Make sure their arms are on the outside of your body.
- **COMMON ERRORS:** No hip movement. Not controlling their posture and arm.
- **SAFETY TIP:** Low Risk



03

SECURE TRIANGLE GUARD

- **OVERVIEW:** Moving from Stage 1.5 to the Triangle Set up/guard.
- **REMINDER:** While at Stage 1.5, extend hip upward and then drop down in order to free leg and get legs crossed around person's arm and neck.
- **COMMON ERRORS:** Not using hip extension to get leg out.
- **SAFETY TIP:** Low Risk.



LESSON TWENTY *(CONTINUED...)*

TRIANGLE CHOKE

SUMMARY: The Triangle Choke is the best submission from the guard. Why? You have many options to capitalize on your opponent's mistake as well as forcing them into the technique by manipulating their arm position.

03

ANGLE FOR FINISH

- **OVERVIEW:** While in Triangle Guard/Set up, you establish control and prepare to secure this incredible choke.
- **REMINDER:** Do not let them posture. Follow the THREE steps to finish.
- **COMMON ERRORS:** Letting opponent posture. Going too fast. Letting the person put their weight on you.
- **SAFETY TIP:** Squeeze slowly and make sure not to yank on your legs too aggressively, while trying to lock it up.



04

PREVENT THE LIFT // ARM BAR

- **OVERVIEW:** A common defense by a strong attacker, is to stand and try and lift you.
- **REMINDER:** Hook their leg immediately to anchor yourself. If this doesn't work, release the grip.
- **COMMON ERRORS:** Missing the anchor, Too focused on the triangle.
- **SAFETY TIP:** Be careful not to strain your back lifting. Slow pressure on arm bar.



LESSON TWENTY ONE

STANDING GUILLOTINE DEFENSE

SUMMARY: The Guillotine is a DANGEROUS choke to be trapped in. It is a likely attack from both a skilled and unskilled opponent.

03

ARM OVER THE SHOULDER

- **OVERVIEW:** Skilled and Unskilled people will attempt the dangerous, Guillotine Choke.
- **REMINDER:** Focus on surviving first. Escaping second. When you move to the side for the takedown, go to the opposite side of your head.
- **COMMON ERRORS:** Trying to escape too quick or trying to pull head out.
- **SAFETY TIP:** Low Risk



04

LIFT AND SURVIVE

- **OVERVIEW:** Surviving is the most important thing to do first.
- **REMINDER:** Take your time. Each time they apply pressure, go with it and allow to be lifted.
- **COMMON ERRORS:** Not relaxing enough .tension will cause panic.
- **SAFETY TIP:** Tense your neck up to help withstand drilling.



04

STEP BEHIND & KNEE BUMP

- **OVERVIEW:** Skilled and Unskilled people will attempt the dangerous, Guillotine Choke.
- **REMINDER:** Focus on surviving first. Escaping second. When you move to the side for the takedown, go to the opposite side of your head.
- **COMMON ERRORS:** Moving to the head side. This will land you on your head.
- **SAFETY TIP:** When you bump the knee, take your knee out of the way to lower to the ground safely. Do not land on your partner.



LESSON TWENTY TWO

STANDING REAR CHOKE DEFENSE

SUMMARY: In the event someone attacks your from behind, there is a good chance they do it in the form a rear choke.

01

BOWING ESCAPE

- **OVERVIEW:** In this technique, the attacker sneaks up on you from behind and puts their arm around your neck.
- **REMINDER:** As soon as the arm goes around your neck, grab their arm and base yourself.
- **COMMON ERRORS:** Grabbing the arm and not moving the hips back.
- **SAFETY TIP:** Lift your partner on to your back and put them down slowly.



02

180 & TRIP

- **OVERVIEW:** The attacker was more aggressive and pulled you back with the choke.
- **REMINDER:** Lean your head into the choking arm and pivot around their leg quickly.
- **COMMON ERRORS:** Not leaning the head on the arm and breaking the attackers balance.
- **SAFETY TIP:** Be careful on your partner’s neck when you pull them back.



LESSON TWENTY THREE

REAR BEAR HUG DEFENSE

SUMMARY: The Rear Bear Hug is a very common sneak attack and also a common grappling position in jiu-Jitsu and Wrestling. It is a crucial defense to understand.

01

OVER THE ARMS

- **OVERVIEW:** The attacker comes up to you from behind and grabs you over your arms.
- **REMINDER:** Focus on your base and raise your arms up. Move your hip out and take a big step around their leg.
- **COMMON ERRORS:** Narrow base, no hip movement. Bending over at the waist after stepping around.
- **SAFETY TIP:** When lifting your partner, use your hips. Prepare for a break fall.



02

UNDER THE ARMS

- **OVERVIEW:** The attacker comes up to you from behind and grabs around your waist.
- **REMINDER:** Focus on keeping your base. Put your hip back against the attacker's hip. If lifted, make sure to anchor your foot to their leg.
- **COMMON ERRORS:** Not establishing base or connecting your hip.
- **SAFETY TIP:** When you are pulling the leg and executing the takedown, be very cautious as pressure is put against your partner's knee.



LESSON TWENTY FOUR

STANDING HEADLOCK ESCAPES

SUMMARY: Arguably the most common attack from someone unskilled. The side headlock can throw you out of position and injure you quickly if not addressed properly.

01

POSTURE // PUNCH BLOCK // LIFT

- **OVERVIEW:** The side headlock is a common attack from standing. Posture and base is the ideal place to start your defense.
- **REMINDER:** Keep your head up and keep posture strong. Be prepared to block punch.
- **COMMON ERRORS:** No posture. Separating the arm from your body when trying to put it behind their back. Also, trying to lift with back, instead of hips.
- **SAFETY TIP:** Lift with your hips. Go slow when putting your partner's arm behind their back.



02

DAVE KAMA ESCAPE

- **OVERVIEW:** In this Escape your posture is starting to break and you have to counter.
- **REMINDER:** As your posture breaks, don't bend, squat. Go with the force. Finish with standard Headlock armbar sequence.
- **COMMON ERRORS:** Bending, instead of squatting.
- **SAFETY TIP:** Bring your partner down slow.



03

SPINNING ESCAPE

- **OVERVIEW:** Your posture gets completely bent over. Worst case scenario.
- **REMINDER:** Grab your arm around their waist and block their opposite knee. When you step in front and spin, sit in front of their far leg. Finish with Headlock Armbar.
- **COMMON ERRORS:** Not sitting properly. You need to spin.
- **SAFETY TIP:** Go slow on this move to avoid sitting on your partner's leg.



LESSON TWENTY FIVE

PASSING THE GUARD

SUMMARY: Passing the Guard will be something you practice A LOT on your path to Black Belt. It is the first to gaining a dominant position in a fight. It will also help you indirectly, develop many other skills within Jiu-Jitsu.

01

HIP CONTROL

- **OVERVIEW:** This is the general way to control an unskilled person when you land in between their legs.
- **REMINDER:** Keep your weight and base low. Hug their hips and move with them, as they squirm.
- **COMMON ERRORS:** Lifting weight up too soon. Not going with the flow.
- **SAFETY TIP:** Low Risk.



02

STANDING GUARD PASS

- **OVERVIEW:** When the person has gotten away from you slightly and can kick you, standing is ideal.
- **REMINDER:** Stand up, Control their legs and crowd them immediately. Keep your hips forward and head back.
- **COMMON ERRORS:** Leaving face forward and exposed for kick. Not crowding the person enough.
- **SAFETY TIP:** Crowd the person immediately and be careful landing on your partner in side mount.



02

DOUBLE UNDER GUARD PASS

- **OVERVIEW:** After the guard is broken, this guard pass will give you great control.
- **REMINDER:** Bring both arms under the legs and get the legs up on your shoulder. Lean forward and reach across. Keep your weight on them as you pivot around.
- **COMMON ERRORS:** Trying to throw the legs by, instead of stacking. Unbalanced weight distribution.
- **SAFETY TIP:** Be careful while stacking your weight on your partner. Recognize their flexibility limitations. Relax as your partner puts pressure forward.



LESSON TWENTY SIX

UNDER THE SPRAWL

SUMMARY: Being caught under a Sprawl can be scary. Not because of the danger, but really because your takedown failed. Have no fear, we will strategize the quickest ways to escape!

01

PEEK OUT

- **OVERVIEW:** In this situation, you are trapped under a sprawl and the opponent wraps their arms around your chest.
- **REMINDER:** Pick your knee up and your elbow. When you slide your leg through, extend your chest and hips for powerful posture.
- **COMMON ERRORS:** Sliding your leg through without posturing yourself and opening your chest.
- **SAFETY TIP:** Although this technique can be done while posted on your hands, it is sometimes safer to have your elbows on the ground.



02

GUARD PULL FROM SPRAWL // TURTLE

- **OVERVIEW:** Pulling guard is never ideal. But sometimes it is necessary for safety and to prevent things from getting worse.
- **REMINDER:** Step your leg out to the side and slide your leg through to grab the opponent with your guard.
- **COMMON ERRORS:** Stepping the wrong leg up. Not sliding in purposefully.
- **SAFETY TIP:** Low Risk.



02

GUILLOTINE IN GUARD DEFENSE

- **OVERVIEW:** The Guillotine Choke is very dangerous technique to be trapped in. It is even worse to be stuck in the guard with it.
- **REMINDER:** Focus on getting your weight on your partner and proper arm position. Focus on survival. The escape will be available, but you must keep yourself safe.
- **COMMON ERRORS:** Trying to escape too quickly. Panicking.
- **SAFETY TIP:** This technique is difficult for both people to practice. One partner is allowing weight to squash them, while the other is preserving their neck. Monitor the pressure.



LESSON TWENTY SEVEN

ESCAPES FROM MOUNT TO GUARD

SUMMARY: When your opponent has good balance on top, you will have to resort to the “Elbow Escape series”. These techniques will also become extremely beneficial as you progress to higher ranks. Your partner’s will be very difficult to turn over.

01

RICKSON MOUNT ESCAPE

- **OVERVIEW:** In this situation, your opponent is postured up to strike you and they have good base.
- **REMINDER:** Straighten one arm out, pressing against your partner’s navel. Using the same side foot, pressing into the mat, make a powerful hip escape, driving your partner back.
- **COMMON ERRORS:** Not straightening the arm out. Trying to slide out, instead of pressing your partner back.
- **SAFETY TIP:** Low Risk.



02

LOW BASE OPP. // ELBOW ESCAPE

- **OVERVIEW:** Your opponent has their hands on their mat and good balance.
- **REMINDER:** Start with your arms tucked in. Get one leg on the mat with your knee cap pointed towards an ankle. Use your elbows and knees.
- **COMMON ERRORS:** Not tucking your arms in. Getting on to your side too much or too little.
- **SAFETY TIP:** Low risk.



02

FOOT TRAP VARIATIONS

- **OVERVIEW:** Your opponent has their hands on the mat and good balance. They are keeping their feet strong against you.
- **REMINDER:** Follow the same procedures as the regular elbow escape. You will use your heels or your toes to trap your partner’s foot, thus making it easy to push their leg to half guard.
- **COMMON ERRORS:** Same problems as standard elbow escape. Make sure that when you secure half guard, you immediately face the other leg and begin your guard recovery procedures.
- **SAFETY TIP:** Low risk.



LESSON TWENTY EIGHT

BACK TAKE & ARM TRIANGLE FROM GUARD

SUMMARY: There are a few movements from within the guard that can allow you to go from the bottom, to the best position in a fight!

01

ACHIEVE THE ANGLE

- **OVERVIEW:** Unskilled (Non-Jiu-Jitsu) opponents within the guard, will commonly place their forearm onto your throat to pin you.
- **REMINDER:** As soon as they start driving their weight forward, lift your hips and stretch your legs. Also, turn your face to face their elbow, protecting your throat. Use their weight and the tension created to slip their arm across. Getting an angle is VERY important.
- **COMMON ERRORS:** Not stretching the legs. Leaving the throat exposed and forgetting to focus on your angle.
- **SAFETY TIP:** The top person should use caution when putting their weight on their partners neck. Your non pinning arm can be used on the ground to help give or relieve pressure.



02

ARM TRIANGLE

- **OVERVIEW:** After getting the angle, an arm triangle is possible.
- **REMINDER:** Lock a rear choke grip. Your non choking hand will grab the side of your own head. Squeeze with arms and legs to finish.
- **COMMON ERRORS:** Losing the angle. Stretching your legs instead of squeezing.
- **SAFETY TIP:** When you squeeze, constrict everything. Do no stretch. This will crank your partner's neck.



02

BACK TAKE

- **OVERVIEW:** If the arm triangle fails, take the back.
- **REMINDER:** Use a palm to palm grip for control until its time to let go. Use your arm to reach across the back to the "Lat". Keep your leg heavy on the back. Your bottom leg stretches into their leg to make it easier to climb the back.
- **COMMON ERRORS:** Taking your leg off the back. Not having an angle.
- **SAFETY TIP:** Low risk.



LESSON TWENTY NINE

BACK MOUNT ESCAPES

SUMMARY: If someone were to get on your back in a fight, it could be catastrophic. Knowing how to defend their choke and escape this position is crucial.

01

BACK TO FLOOR // TURN ON TOP

- **OVERVIEW:** Skilled opponent has the back mount w/hooks.
- **REMINDER:** Protect your neck at all times. Use your hands, tuck your chin, lift your shoulders.
- **COMMON ERRORS:** Not defending the choke enough. Trying to only spin on top when your back hits the floor.
- **SAFETY TIP:** Low Risk

**02**

BACK TO FLOOR // RECOVER GUARD

- **OVERVIEW:** You are in a very bad position. Flattened to the ground with hooks.
- **REMINDER:** Protect your neck. Immediately get onto one shoulder and post the opposite foot.
- **COMMON ERRORS:** Not protecting choke. Not getting onto the shoulder enough.
- **SAFETY TIP:** Be cautious while putting your weight into your partners back.



LESSON THIRTY

SELF-DEFENSE GRABS

SUMMARY: Our Jiu-Jitsu foundations course was designed to help you develop the most important skills in Jiu-Jitsu, as quickly as possible. All of the situation, positions, and techniques, are the most probable occurrences in a fight. This last technique series features some random techniques and grabs that do not fit into the other categories.

01 THROAT GRAB - WALL PIN

THROATS GRAB

- **KEY DETAILS:** Hide neck, step back, roll head out, base.

WALL PIN

- **KEY DETAILS:** Grab elbows, slide to the side and spin.



02 WRIST GRABS

ONE HAND, TWO HAND, INVERTED

- **KEY DETAILS:** Establish your base. Bend your elbow to create leverage. Pull towards the thumb.



03 ARM DRAG

- **KEY DETAILS:** Opponent posts arm on shoulder, swim hand inside to grab the wrist, use the other hand to pull elbow across.



04 DOUBLE COLLAR GRAB

- **KEY DETAILS:** Swim your hands up through their arms, hug their arms tightly, move to the side and trip.



05 MUAY THAI CLINCH

- **KEY DETAILS:** Frame your forearm over their arms, posture yourself, and put your other palm on your forehead to block a counter elbow strike.

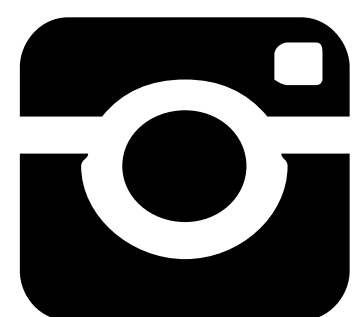


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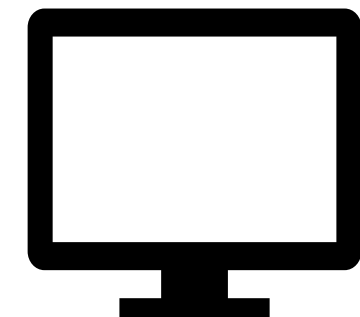
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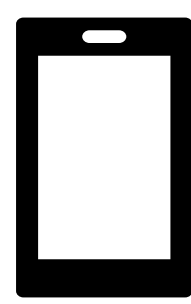
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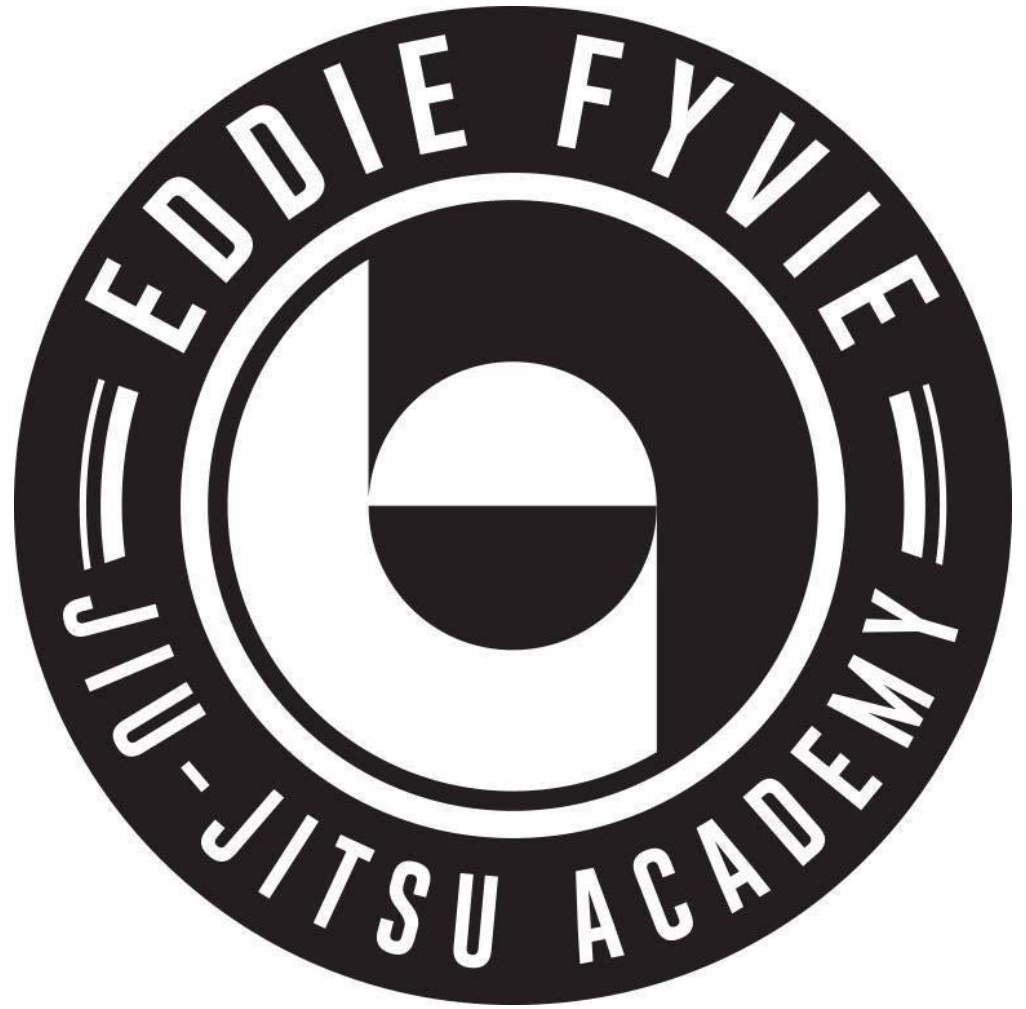
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